

I claim:

1. A method for treating demyelinating central nervous system diseases in a subject, comprising:

5 administering to the subject a composition comprising a therapeutically active amount of a colony stimulating factor or a colony stimulating factor-like ligand.

2. The method of claim 1 wherein the origin of said colony stimulating factor-like ligand is natural, recombinant, or chemically synthesized.

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3. The method of claim 1 wherein said colony stimulating factor-like ligand is delivered orally, parenterally, or by expression of transfected genetic material in vivo.

4. The method of claim 1 wherein said colony stimulating factor-like ligand is
15 administered by a therapeutically effective means including transmucosal, subcutaneous, transcutaneous, intramuscular, intravenous, or implantation of sustained release formulations.

5. The method of claim 1 wherein said colony stimulating factor or colony
20 stimulating factor-like ligand is a granulocyte-macrophage colony stimulating factor.

6. The method of claim 5, wherein said granulocyte-macrophage colony stimulating factor is a biologically active congener of said granulocyte-macrophage colony stimulating factor.

5 7. The method of claim 5 wherein said colony stimulating factor-like ligand is sargramostim.

8. The method of claim 1 wherein said composition includes a type 1 interferon-congener.

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9. The method of claim 8 wherein said type 1 interferon congener includes a interferon-beta congener.

10. The method of claim 9 wherein said interferon-beta congener includes interferon-
15 beta-1a.

11. The method of claim 1, wherein said colony stimulating factor or colony stimulating factor-like ligand is administered to the subject in an amount of from about 50 to about 250 micrograms.

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12. The method of claim 1, wherein said method comprises at least one of an antibiotic, sulfonamide, anti-inflammatory agent, or an immunomodulatory agent.

13. The method of claim 1, wherein said disease is multiple sclerosis.

14. The method of claim 1, wherein said disease has at least one of the following
5 manifestations: acute, chronic, single episode, recurrent episode, progressive,
progressive-relapsing, relapsing-progressive, and unremitting.

15. A method of treating multiple sclerosis comprising:
administering to the subject a composition comprising a therapeutically active
10 amount of a colony stimulating factor or a colony stimulating factor-like ligand.

16. The method of claim 15 wherein the origin of said colony stimulating factor-like
ligand is natural, recombinant, or chemically synthesized.

15 17. The method of claim 15 wherein said colony stimulating factor-like ligand is
delivered orally, parenterally, or by expression of transfected genetic material in vivo.

18. The method of claim 15 wherein said colony stimulating factor or colony
stimulating factor-like ligand is a granulocyte-macrophage colony stimulating factor.
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19. The method of claim 18 wherein said colony stimulating factor-like ligand is
sargramostim.

20. The method of claim 15 wherein said composition includes a type 1 interferon-congener.

5 21. The method of claim 20 wherein said type 1 interferon congener includes a interferon-beta congener.

22. The method of claim 15, wherein said colony stimulating factor or colony stimulating factor-like ligand is administered to the subject in an amount of from about
10 50 to about 250 micrograms.

23. The method of claim 15, wherein said method comprises at least one of an antibiotic, sulfonamide, anti-inflammatory agent, or an immunomodulatory agent.

15 24. A method of treating the symptoms of multiple sclerosis comprising:
administering to the subject a composition comprising a therapeutically active amount of a colony stimulating factor or a colony stimulating factor-like ligand.

25. The method of claim 24 wherein said colony stimulating factor-like ligand is
20 delivered orally, parenterally, or by expression of transfected genetic material in vivo.

26. The method of claim 24 wherein said colony stimulating factor or colony stimulating factor-like ligand is a granulocyte-macrophage colony stimulating factor.

27. The method of claim 26 wherein said colony stimulating factor-like ligand is
5 sargramostim.

28. The method of claim 24, wherein said method comprises at least one of an antibiotic, sulfonamide, anti-inflammatory agent, or an immunomodulatory agent.

10 29. A method of improving demyelinating central nervous system disease treatment in a subject, comprising:

administering to the subject a composition comprising a therapeutically active amount of a colony stimulating factor or a colony stimulating factor-like ligand.

15 30. The method of claim 29 wherein said colony stimulating factor-like ligand is delivered orally, parenterally, or by expression of transfected genetic material in vivo.

31. The method of claim 29 wherein said colony stimulating factor or colony stimulating factor-like ligand is a granulocyte-macrophage colony stimulating factor.

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32. The method of claim 29 wherein said colony stimulating factor-like ligand is sargramostim.

33. The method of claim 29, wherein said method comprises at least one of an antibiotic, sulfonamide, anti-inflammatory agent, or an immunomodulatory agent.